



**Only the turkey
should be stuffed**



Eat Smart, Move More...
Maintain, don't gain!

HOLIDAY
Challenge

Avoid Holiday Weight Gain!

Register for FREE at
www.MyEatSmartMoveMore.com

- ▼ Receive a weekly newsletter full of tips, recipes, and more
- ▼ Download tools to monitor your progress
- ▼ Log on each week to read experts' advice
- ▼ Read how others like you are doing in the challenge

November 19 through December 31

Stacey Midgett
Hyde County Cooperative Extension
252.926.4487
stacey_midgett@ncsu.edu

